

## Supporting all learners

We develop syllabuses that are inclusive of the learning needs of all students, to ensure opportunities to access and progress through the NSW curriculum.



Teachers should make decisions about learning goals and curriculum options for your child together with you, their caregiver. Find out more by scanning the QR code or visiting [curriculum.nsw.edu.au/teaching-and-learning/diversity-of-learners](https://curriculum.nsw.edu.au/teaching-and-learning/diversity-of-learners)

### Aboriginal students

Teachers can support the success of Aboriginal and Torres Strait Islander students by providing opportunities for them to develop their Cultural identities. This includes aligning with students' Cultural aspirations within Community contexts and consistently showing respect for Aboriginal and Torres Strait Islander Cultural Knowledges. Parents and carers, families and Aboriginal Communities are important partners in teaching and learning about Aboriginal and/or Torres Strait Islander Cultures, Histories and Languages.

### EAL/D students\*

Communicating, reading and writing in their home language or dialect can help EAL/D students to develop proficiency in Standard Australian English and to learn subject content.

### Gifted and talented students

Gifted students and students with high ability or talent in a subject can be challenged by diving deeper into content within and across subjects.

### Students with disability

Schools are obligated to provide reasonable adjustments for students with disability. If your child has a disability, speak to your school about the different options for accessing the curriculum, including drawing from outcomes from previous stages of schooling or accessing Life Skills outcomes and content.

\*Students learning English as an additional language or dialect



NSW Education Standards Authority  
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## NSW Education Standards Authority

# A parent and carer guide to supporting your child in Personal Development, Health and Physical Education (PDHPE) K-2

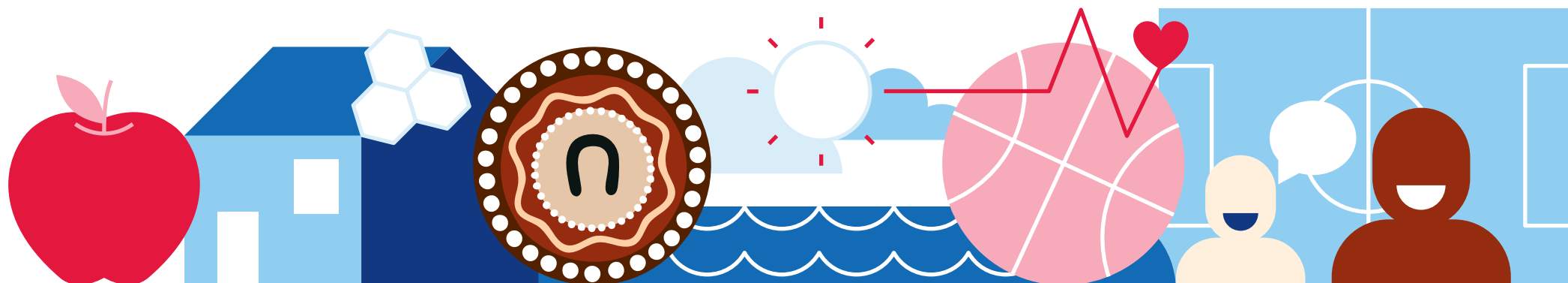


# Personal Development, Health and Physical Education (PDHPE) K–2

Scan the QR code to find out more about the PDHPE K–6 syllabus or visit [curriculum.nsw.edu.au/learning-areas/pdhpe/pdhpe-k-6-2024/overview](https://curriculum.nsw.edu.au/learning-areas/pdhpe/pdhpe-k-6-2024/overview)



You have an important role in supporting your child at home in their learning.



## What will my child learn?

Your child will learn and practise fundamental movement skills in physical activities and games. Research confirms the positive effects of movement on brain function, physical performance and academic development.

Your child will learn interpersonal skills to communicate respectfully and effectively and learn ways to stay safe in offline and online environments, including the 'No-Go-Tell' strategy.

## How will my child benefit?

Learning in PDHPE provides opportunities for your child to:

- develop vocabulary to manage and express thoughts, feelings and ideas
- read, view and listen to texts about health, wellbeing and physical activity
- develop movement skills to support physical and cognitive growth
- develop an understanding of the Cultural significance of Aboriginal and Torres Strait Islander games and activities
- learn how self-management and interpersonal skills contribute to positive and respectful communications and relationships
- describe how responsible behaviours keep themselves and others safe in road, water, fire, sun and online contexts
- participate in activities, learning to respectfully win, lose and accept results.

## What can I do to help?

You can support your child at home by:

- reading, viewing and listening to texts together where characters demonstrate positive attributes and resilience
- playing games that involve balancing, running, throwing, catching and kicking
- allocating time to engage in movement and outdoor activities together
- supporting them to develop friendships and positive connections
- encouraging discussions and modelling respectful ways to interact
- connecting with people, through family or community events
- providing opportunities for them to demonstrate their growing independence and responsibility in everyday situations, for example, helping with household chores
- encouraging discussions about hygiene and how to care for the body
- managing their screen time and any online activities
- playing word, imaginary and board games together to practise cooperation.

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## NSW Education Standards Authority

# A parent and carer guide to supporting your child in Personal Development, Health and Physical Education (PDHPE) 3–6



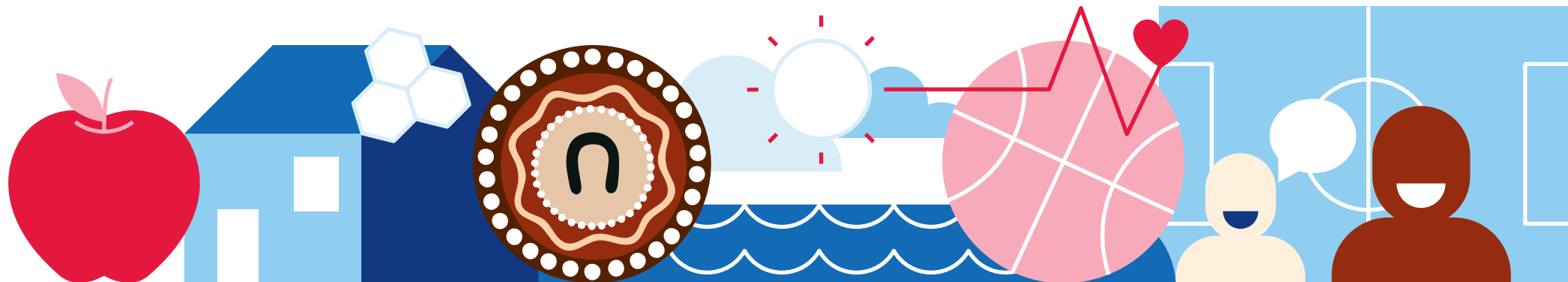


# Personal Development, Health and Physical Education (PDHPE) 3–6

Scan the QR code to find out more about the PDHPE K–6 syllabus or visit [curriculum.nsw.edu.au/learning-areas/pdhpe/pdhpe-k-6-2024/overview](https://curriculum.nsw.edu.au/learning-areas/pdhpe/pdhpe-k-6-2024/overview)



You have an important role in supporting your child at home in their learning.



## What will my child learn?

Your child will learn how to apply movement skills, strategies and teamwork in physical activities, sport and games. Research confirms the positive effects of movement on brain function, physical performance and academic development.

Your child will use interpersonal skills to communicate respectfully and effectively and learn ways to stay safe in offline and online environments, including responsible digital citizen behaviours and the 'No-Go-Tell' strategy.

## How will my child benefit?

Learning in PDHPE provides opportunities for your child to:

- use specific vocabulary to communicate ideas and collaborate with others effectively
- read, view, listen to and write texts about people and organisations who contribute to our health and wellbeing
- demonstrate movement skills and participate in games and sport
- develop an understanding of the Cultural significance of Aboriginal and Torres Strait Islander games and activities
- learn how respectful relationships contribute to safety and effective communication
- make responsible choices about road, water, fire, sun and online safety
- use skills and strategies when problem-solving
- participate in activities, learning to respectfully win, lose and accept results.

## What can I do to help?

**You can support your child at home by:**

- encouraging wide reading about health, wellbeing and physical activity through shared and/or independent reading
- playing games that involve, running, throwing, catching, kicking and striking
- allocating time to engage in movement and outdoor activities together
- supporting them to develop and maintain friendships and positive connections
- encouraging discussions and modelling respectful ways to interact
- connecting with people, through family or community events
- providing opportunities for them to demonstrate their growing independence and responsibility in everyday situations, for example, helping with household chores
- providing age-appropriate resources about growth and development
- encouraging discussions about hygiene and how to care for the body
- discussing and managing their screen time and online activities
- playing word, imaginary and board games together to practise cooperation.